
“Festive Family Thanksgiving Cookbook”

Cranberry-Apple Sauce

Serves 8, Preparation and Cooking Time 20 minutes

$\frac{3}{4}$ cup apple juice 1 - 16 oz can of whole berry cranberry sauce
 $\frac{1}{4}$ cup or 4 oz of applesauce 1 cup apple, peeled, cored, chopped finely

Combine all the ingredients in a medium saucepan and bring to a boil. Boil gently for 5 minutes, reduce heat and simmer for 15 more minutes. Remove from burner, cool and refrigerate.

Nutrition Facts Per serving: 109 Calories, 17 mg Sodium, not a significant source of Fat, Saturated Fat, or Cholesterol.

Nutrition Tip:

“Apples complement the cranberries and furnish enough sweetness to make this traditional sauce without additional sugar. This can be made five days ahead and kept refrigerated.”
Jeanne Silberstein, MPH, RD

